

Welcome To FantasticallyFit!!

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Fantastically Fit! is a progressive and dynamic health and wellness company focused on improving your quality of life through an integrative approach. Total wellness allows us to achieve optimal health and reach our maximum potential through healthy lifestyle goals with lasting results. As we become more present in each moment, aware and accepting of our bodies, our thoughts, our feelings, our relationships, and whatever challenges life presents us, we are able to live each moment with more vitality, appreciation and balance.

Worksites are crucial to improving the health of their workers. Most adults spend more of their waking hours at work than anywhere else, making it a prime venue for promoting healthful habits. The worksite organizational culture and environment are powerful influences on behavior and this needs to be put to use as a means of assisting employees to adopt a healthier lifestyle. Let the Fantastically Fit!team assess your population to customize a wellness program for you and your employees. Our services include but are not limited to:

- Corporate Wellness Management
- Comprehensive Health Assessment
- Body Age Assessment
- Onsite Disease Management
- Stress Management
- American Red Cross Certifications
- Health and Safety Classes
- Health Seminars
- Fitness Center Design
- Health Fairs
- Nutrition Counseling
- Natural Weight Loss
- Personal Training
- Group Exercise
- Stress Management
- Behavior Modification
- Massage Therapy
- Fitness Center Layout

The mission of Fantastically Fit! is to equip individuals, groups, businesses and communities with the tools to achieve and maintain a maximum level of health inside and out.